WHAT IS CLAIMED:

- 1. A lighting assembly comprising:
 - a mounting board having an upper side and a lower side;
- a lighting element having an output end and first and second contact leads extending therefrom, said lighting element mounted to said upper side of said mounting board;

a first electrical contact on said upper side of said mounting board concentric to said lighting element, said first electrical contact in thermal and electrical communication with said first contact lead of said lighting element;

a second electrical contact on said mounting board in electrical communication with said second contact lead of said lighting element; and

a receiver sleeve having a tail section at one end thereof, said receiver sleeve being electrically and thermally conductive, said tail section being received around said output end of said lighting element, making electrical and thermal contact with said first electrical contact to provide both a thermally conductive path to dissipate heat from said lighting element and an electrically conductive path to said first electrical contact.

- 2. The lighting assembly of claim 1 wherein said lighting element is a light emitting diode.
- 3. The lighting assembly of claim 1, wherein said tail portion of said receiver sleeve surrounds said output end of said lighting element providing a thermal barrier to absorb radiant heat from said lighting element.

- 4. The lighting element of claim 1, said mounting board further comprising:

 control circuitry mounted on the upper side thereof adjacent said lighting element, said control circuitry in electrical communication with said second contact lead of said lighting element and said second contact on said mounting board.
- 5. The lighting assembly of claim 4, wherein said tail portion of said receiver sleeve surrounds said output end of said lighting element providing a thermal barrier to absorb radiant heat from said lighting element and conduct said heat away from said control circuitry.
- 6. The lighting assembly of claim 1, said receiver sleeve further comprising: a second end opposite said tail portion; and means for controlling the light output from the output end of said lighting element, said means coupled to said second end of said receiver.
- 7. The lighting assembly of claim 6, further comprising:

a tubular housing, said housing being electrically and thermally conductive, said mounting board, lighting element and receiver sleeve received in one end thereof, said receiver sleeve in electrical and thermal communication with said tubular housing.

8. The lighting assembly of claim 1, further comprising:

a tubular housing, said housing being electrically and thermally conductive, said mounting board, lighting element and receiver sleeve received in one end thereof, said receiver sleeve in electrical and thermal communication with said tubular housing.

9. A lighting assembly comprising:

a mounting board having an upper side and a lower side;

a lighting element having an output end and first and second contact leads extending therefrom, said lighting element mounted to said upper side of said mounting board;

a first electrical contact on said upper side of said mounting board concentric to said lighting element, said first electrical contact in thermal and electrical communication with said first contact lead of said lighting element;

a second electrical contact on said lower side of said mounting board in electrical communication with said second contact lead of said lighting element;

a receiver sleeve having a tail portion at one end thereof, said receiver sleeve being electrically and thermally conductive, said tail portion being received around said output end of said lighting element, making electrical and thermal contact with said first electrical contact to provide both a thermally conductive path to dissipate heat from said lighting element and an electrically conductive path to said first electrical contact;

a tubular housing, said housing being electrically and thermally conductive, said mounting board, lighting element and receiver sleeve received in one end thereof, said receiver sleeve in electrical and thermal communication with said tubular housing.

- 10. The lighting assembly of claim 9 wherein said lighting element is a light emitting diode.
- 11. The lighting assembly of claim 9, wherein said tail portion of said receiver sleeve surrounds said output end of said lighting element providing a thermal barrier to absorb radiant heat from said lighting element.